ACCUSPLIT® EAGLE™

AE120XLE, AE140XLE, and AE170XLE INSTRUCTIONS

Congratulations on taking the first step to wellness with your purchase of an ACCUSPLIT pedometer. It's easy to use your new pedometer, with nothing to set up. Just follow the steps below, and start walking!

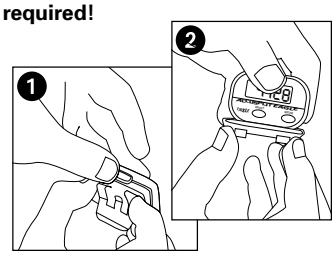
Key Features

- Built around the Japanese-made JW200 PedometerEngine™ Step Sensor, the current gold standard for accuracy.
- The ACCUSPLIT exclusive case makes this the slimmest available pedometer built around the JW200 Step Sensor.
- Chromed, Spring Steel clip resists breakage.
- Case includes two leash slots, for attaching safety leash on either side. Made from tough polycarbonate plastic.

For this special Educational series, the stride length (for AE140XLE and AE170XLE) and weight settings (for AE170XLE) are fixed. Therefore, students will all get the same amount of credit for distance walked (1.75 ft stride, which is 3000 steps per mile) and calories burned (weight used is 100 lbs), and there is no special setup required!

HOW TO OPEN YOUR PEDOMETER.

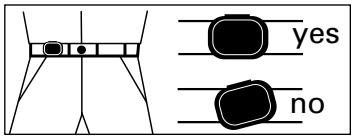
See diagrams at right.



WEARING YOUR PEDOMETER

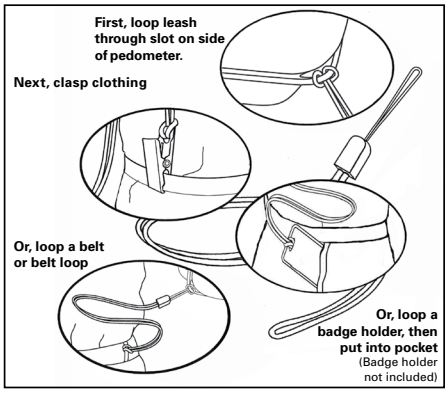
While gently holding the belt clip open, slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee.

Note: The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.



The cover must be closed for the pedometer to work.

To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.


First, loop leash through slot on side of pedometer.
Next, clasp clothing
Or, loop a belt or belt loop
Or, loop a badge holder, then put into pocket
(Badge holder not included)

Attaching the Leash

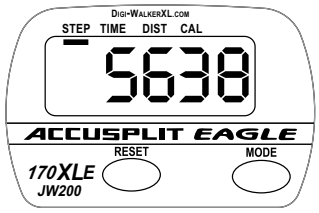
1. Attach the pedometer to the leash by looping the thin side of the leash through the one of the leash slots on the pedometer case.
2. Put the pedometer onto your clothing as discussed above.
3. Attach the alligator clip to a belt loop or the top edge of the pants or skirt.

Note: You can also use a safety pin to fasten the leash to your clothing, loop the leash through your belt or belt loop, or use a badge holder.

REGULAR DISPLAY MODES

Press the yellow MODE button to cycle through:

- STEP: STEP mode shows step count.
- TIME: AUTO ACTIVITY TIMER MODE shows total activity time in min and sec.
- DIST: DISTANCE mode shows distance traveled (mi). (AE140XLE and AE170XLE)
- CAL: CALORIE mode shows calories burned. (AE170XLE)



VIEWING YOUR RESULTS

Once you put on your pedometer with the cover closed, it will automatically begin to record your steps, activity time, distance (AE140XLE and AE170XLE), and calories (AE170XLE) burned. Repeatedly press the MODE button to cycle through the pedometer modes:

STEPS → TIME → DISTANCE → CALORIE → STEPS

RESETTING YOUR PEDOMETER

Most people prefer to reset counts daily. To reset your counts: From STEP, TIME, DISTANCE (AE140XLE and AE170XLE), or CALORIE (AE170XLE) mode, press and hold the yellow RESET button for at least 2 seconds. You'll see the values all go back to zero.

REPLACING THE BATTERY

When the display starts to dim or goes blank, it is time to replace the battery. Your pedometer uses one Type LR44 1.5 volt alkaline battery.

To replace:

1. Insert a coin into the slot on the bottom of the case, and twist to loosen the faceplate. Remove faceplate and set aside
2. Locate the battery holder as seen on sketch. Pull out the old battery, and push a new LR-44 battery into the holder, with positive terminal (+) facing up.
3. Snap faceplate back into place.

SPECIFICATIONS, FEATURES, and FUNCTIONS

Description of Functions

- Counts steps up to 99,999 then rollover
- Counts time spent in step activity, up to 999 Min 59 sec, then rollover. Automatically counts whenever step activity is occurring.
- Counts distance traveled during step activity (AE140XLE and AE170XLE), up to 999.99 mi, then rollover. Automatically counts whenever step activity is occurring.
- Counts Calories consumed during step activity (AE170XLE), up to 9,999.9 Kcal, then rollover. Automatically counts whenever step activity is occurring.

Eat Right! Walk More! Live Well!
The ACCUSPLIT Lifestyle

REGISTER NOW Please return your AE100XLE pedometer registration to the Repair Center address in the warranty, and we will let you know about future products.

Email (preferred)
User _____

NO-PROOF-OF-PURCHASE LIMITED WARRANTY
Free service for first year of ownership;
$12 fee for service thereafter. See label inside unit for date.
See www.ACCUSPLIT.com/support for details

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